

College Guild
PO Box 6448 Brunswick, Maine 04011

Gardening

Unit 6 of 7

*"I do not like broccoli.
And I haven't liked it since I was a little kid,
And my mother made me eat it.
And I'm President of the United States,
And I'm not going to eat any more broccoli."*



Quotation by George Bush, United States President 1990

1. Why do you think broccoli has such a bad reputation?
2. What are your first memories of this green vegetable?
3. Why do you think it is supposed to be SO good for you?

In this Unit we are going to look at the importance of fruit and vegetables. We are always being told to eat at least five servings of fruit and vegetables daily, but many people are unable to do this.

4. Are they any less healthy than those who do?
5. Name four circumstances under which it is not possible to eat five servings of fruit and vegetables daily.
6. What are your favorite fruits and vegetables? How many of these are served at your facility?

First of all, we must find out what a fruit is, and this is where it gets complicated! *Fruit* is the edible part of a plant that contains the seeds. So, strictly speaking, tomatoes and cucumbers are fruit!



7. What other vegetables containing seeds are actually fruits?

Most fruit consists of over 80% of water, plus fiber, vitamins, sugar and some protein.

8. Which fruits contain the most water?

Some fruits contain so much sugar that you can put on weight by eating too many of them.

9. Which are these?

The most nutritious way of eating fruit is raw, but many fruits are inedible if left uncooked. Quite often a lot of sugar is needed to make them palatable. (An example is rhubarb.) The easiest way to do this is to make a pie. One of the most popular pies in the United States is *pumpkin pie*.

10. Why do you think pumpkin pie is so popular?



11. Write a short story about a family gathering when pumpkin pie was served.

The name *pumpkin* originates from the Greek word "pepon" meaning large melon, but the actual fruit is thought to have come from South America. Native Americans ate pumpkin as part of their staple diet hundreds of years before the pilgrims landed.

12. What would have been the early settlers' impression of pumpkins as a food source?



The tradition of carving pumpkins for Jack O'Lanterns was started by the Irish when they first came as immigrants to the United States. They discovered that carving pumpkins was easier than their tradition of carving turnips to celebrate Halloween.

13. What other fruits could you use to make Jack O'Lanterns?

14. Design and draw your own Jack O'Lantern.

OK! When is a fruit not a fruit? When it's a vegetable!!!!

A *vegetable* is a plant cultivated for its edible parts - roots, stems, leaves, or flowers.



Such as rhubarb! Rhubarb is not a fruit; it is a vegetable. It is the stem of a plant and does not have seeds. However, to be edible, rhubarb has to be cooked with a lot of sugar -- just like a fruit. Confusing!

15. What other fruits are really vegetables?

16. Name four root vegetables, three stem vegetables, two leafy vegetables and one flower vegetable.

Now it's brainteaser time!

17. How many words can you make from the word *vegetable*? Hint -- there are at least twenty-five.

Why are vegetables good for you? Just like fruit, vegetables are low in fat and calories. None of them contain cholesterol. They are the source of many nutrients, including potassium and iron, fiber, and vitamins A, C, and E.

18. Choose the vegetables below that are high in Vitamin C (vital to keeping the body healthy).

Potatoes

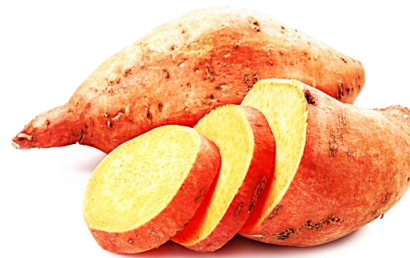
Cabbage

Broccoli

Sweet Potatoes

Tomatoes

19. Which of the above are your favorites? How would you cook them?



Now that we are getting to know more about vegetables --

20. Which vegetable would you associate with the following and why?

Strength

Joy

Love

Wisdom

Weakness

Sorrow

Hate

Stupidity

21. If you could be a vegetable which would you choose and why?

When most people think of gardening they think of *vegetable gardens*. Half of all gardeners in the United States grow vegetables.

22. Why, with so much fresh produce year round in the supermarkets, do people want to grow their own vegetables?

When starting a vegetable garden you need a site that is in a convenient location with plenty of sun, lots of water (but well drained) and rich soil. You need to decide what crops to grow and how many of each. There is no point in raising masses of broccoli is no one in the family likes it!

23. Design your own vegetable garden, deciding how many of each vegetable you would need and whether they would be grown in single rows or planted in groups.



24. How would you protect your vegetables from being eaten by deer, birds, and other hungry creatures?

25. What would you do with any surplus crops?

26. Write a short poem about the life of a vegetable.

Candy

Candy is a confection made from a concentrated solution of sugar, dissolved in water or milk, and boiled to form a syrup, or until it starts to caramelize. Flavors and colors are also added. Candy comes in many textures from soft and chewy to hard and brittle.



27. Why is most candy fruit flavored?

28. Which vegetable would make a good candy flavor? Why?

29. What are the disadvantages of eating too much candy?

Covent Garden



Covent Garden in Westminster, London used to be the home base for all fruit and vegetables traded in England. In the Middle Ages, the Convent of St. Peter maintained a large kitchen garden to provide monks with their daily food source.

Over the next 300 years the "Covent Garden" became a major outlet for fruit and vegetables. In the 1600s, the area was redesigned around an arcaded piazza which rapidly expanded after the Great Fire of London in 1666 destroyed many rival markets.

30. What are the advantages of having all the fruit and vegetable traders in one area?

Exotic goods from around the world were shipped up the River Thames and sold at Covent Garden.

31. What exotic fruit and vegetables would have been sold in the 1600s?



In 1830, Covent Garden went from an open piazza to an enclosed market. It covered more than thirty acres and for over 150 years was London's largest fruit, vegetable, and flower market. The area provided much needed employment for "cockney" Londoners who became known as "*barrow boys*," so called for selling fruit and vegetables from a wheelbarrow.

32. Describe a day in the life of a "barrow boy" in Covent Garden in the early 1900s.



In the 1970s, due to severe traffic congestion, the market was relocated.

Remember: First names only & please let us know if your address changes